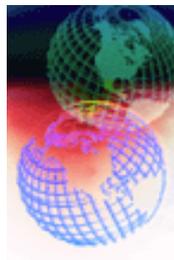
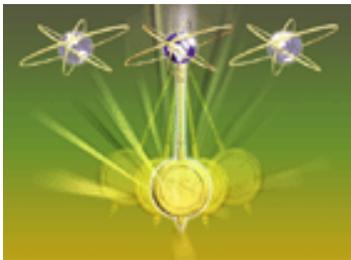


PASCAS CARE

EDUTAINMENT

&

ENVIRONMENT



PASCAS FOUNDATION (Aust) Ltd
ABN 23 133 271 593

Pascas Foundation is a not for profit organisation
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HOSPITAL ENVIRONMENT:

Katrina Ellis, Naturopath, Iridologist, in her book “Shattering the Cancer Myth” identifies the positive aspects that should exist in a healing environment, whether this be your hospital room, medical clinic, diagnostic or treatment environment.

Hospitals should be a place where people are inspired to heal in an environment of relaxing and healing colours, uplifting and soothing tunes, medical professionals with a desire to work WITH the patient, cheerful staff and an abundance of rejuvenating foods.

Both patients and staff could derive great benefits from the simple addition of calming and healing aromatherapy oils.

Many doctors fail to recognise the healing potential contained within each individual and the benefits of utilising alternative and natural therapies to stimulate the patients own natural healing responses.

The Beauty of Colour

Red, green, green/yellow and violet are considered the most ideal colours for cancer healing. Each colour has the ability to stimulate a different healing potential. So surround yourself in beautiful, lively colours and feel the vibrations of joy and healing radiating from every magnificent colour in your hospital room.

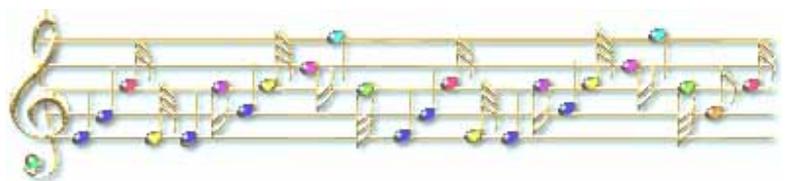
It will be great with nurse’s uniforms being brighter and livelier, instead of the sickly pale blue, pink and white we see nurses wearing.

LCD Flat Screen televisions (liquid crystal) in your room will be living artworks with placid but vibrant tropical and mountainous views featuring springs and brooks at all times.



Melodious Music

Classical music is believed to benefit healing and shorten the stay of hospitalised patients. Music enhances physical, emotional and biological functions. Music and other sounds pleasant to our ears contain powerful immune stimulating qualities. Take in you own CDs as your room will be equipped with CD and DVD player connected to your Plasma TV screen and you will be provided with appropriate head phones.



There will be a wide variety of relaxing and inspirational CDs and DVDs available from the Pascas Health Sanctuary's library, which is open for you to access. They can be purchased, borrowed or hired.

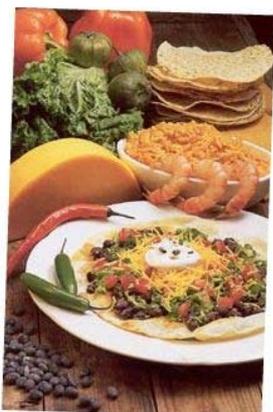
Ancient Aromas

Smells have been used for centuries throughout ancient civilisations, to alter mental, physical and spiritual health. Aromatherapy uses essential oils obtained directly from flowers and plants to uplift the spirit and improve health. Appropriate products and dispensing methods will be available.

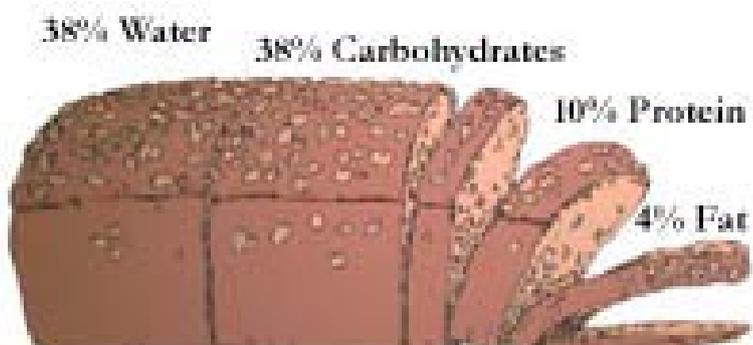
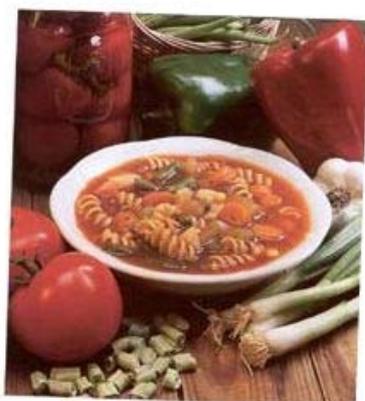


The hospital, medi-hotel and clinics will have all air conditioning systems fitted with Atomic Detoxification Deodorisation and Decontamination Units (ADDDU). Not only does this organic (non chemical) technology remove toxic gases and odours from the air but also eliminates viruses that can travel in the air.

Food for Life

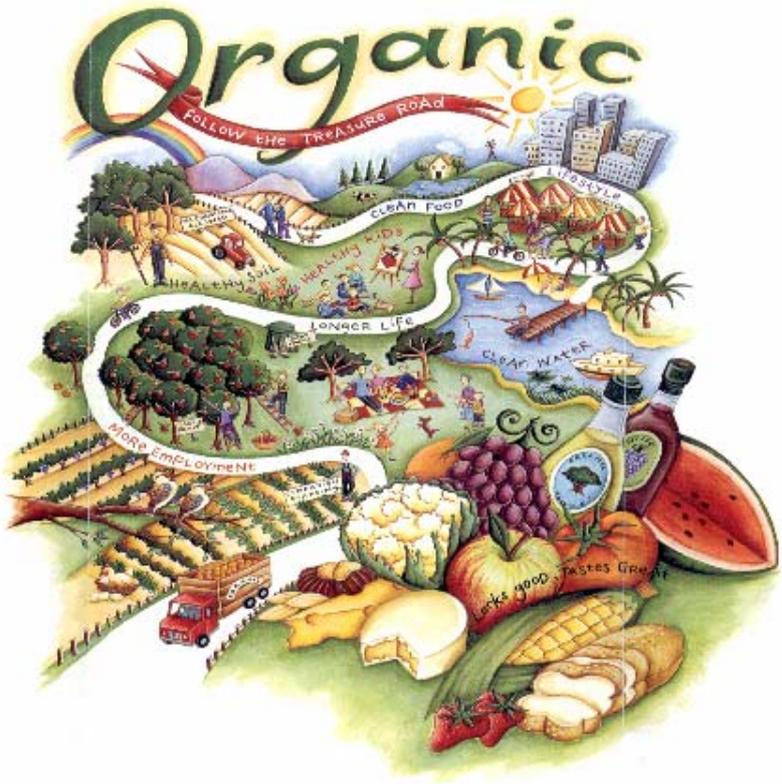
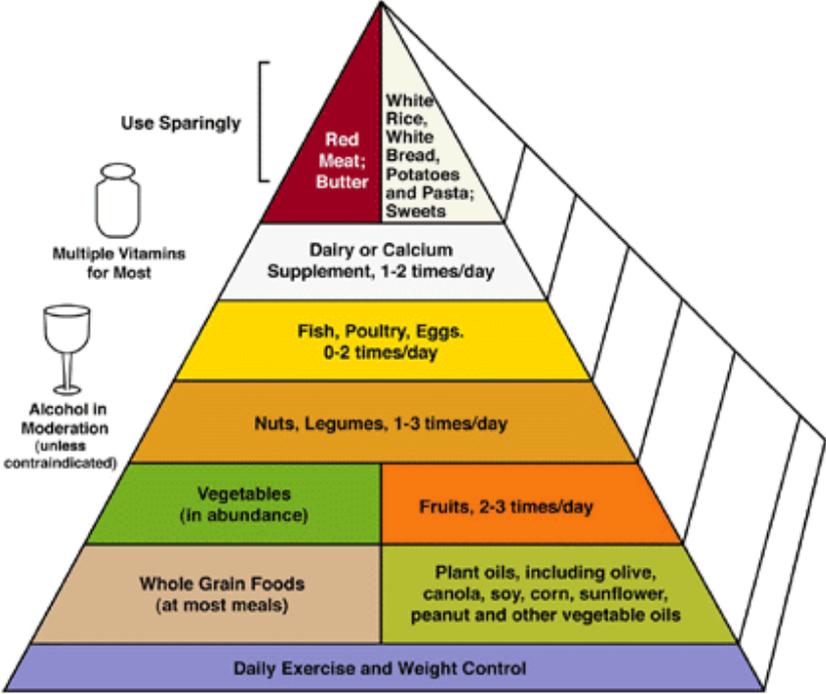


The typical hospital food is often devitalised, lifeless and lacking in life-giving nutrients. Dieticians in hospitals follow their education, providing for patients a diet that falls into the 'balanced food chart' category. Often the food served in hospitals is a combination of overcooked vegetables, red meats filled with antibiotics, jelly, sugar filled cordials, frozen fish, white processed bread, margarine, full-fat dairy products and sugary deserts. How is a person meant to heal rapidly and efficiently on such a devitalised diet, lacking in healing life-giving nutrients? The lack of quality in hospital food that is given to patients is neither appropriate nor assisting in a return to health.



**Nutritional Value of
Whole Wheat Bread**

Healthy Eating Pyramid



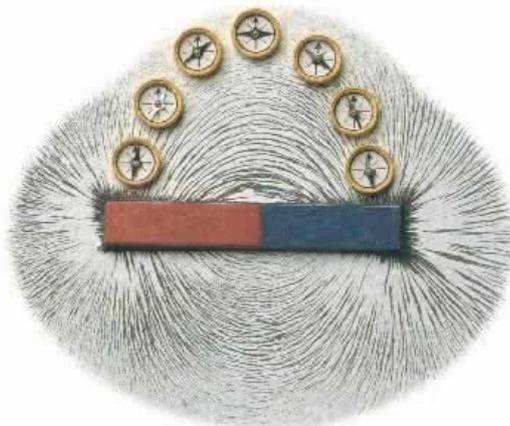
Focus is to be on salads, wholemeal bread, grilled ocean fish, fresh fruits and vegetables, herbal tea bags and provision of a juicer for those patients who wish to prepare their own juices. To speed up your recovery, a healthy tailored nutrient packed diet is the major key. Balanced nutritional supplements add extra impact to your healing potential.

Design and fitout of Pascas Health Sanctuary centres will focus on capacity to deliver vibrant and vitally appropriate meals and drinks to support treatment programs.

WATER – MAGNA PURE WATER:

The **Magna-Ion Pure Water** process is a scientifically provable reliable solution. The **Magna-Ion Pure Water** process replicates nature's way of making water within enhanced controlled environs.

Elements provided by nature in the production of clean healthy water include huge negative ion and magnetic field interference and ozone; all of these elements are vital in the production of clean healthy and good tasting water.



Water produced by **Magna-Ion Pure Water** process is very reactive owing to it having a low Ph of 5.4 whereby the water could be considered to be slightly acidic and hungry for positive ions. The **Magna-Ion Pure Water** process duplicates the way that mother nature produces water in the high atmosphere by immitating the magnetic effect and the low pressure vaporisation and liquid reformation in an atmosphere of high negative ion concentration and ozone. This minimizes bacteria or virus carrying particles, as they all are attracted to the negative ions increasing their weight and causing them to fall to ground, combined with the greatly increased magnetic affect at higher altitude because of lower density particilasion, nature has created the perfect clean water distillery, we at **Magna-Ion Pure Water** have duplicated this process, making **Magna-Ion Pure Water** we believe the most natural in the world. Allignment of particles by magnets enables for easier removal of salts and other particles giving the water a much softer feel and taste, combined with high negative ion concentration that is free of any molecules containing toxins or bacterial particles. During the distillation process the negative ion production creates small amounts of ozone which is a natural disease or infection fighter. We believe it is therefore far better in its search and amalgamation of ions during its progress through your physiological system, and we believe it is the the simplest and most efficient natural detoxificant.

The purer the water and the freer the drinking water is of insoluble inorganics the better the antioxidant effect it has on your physiological system and naturally the better the water is for you.



Filtered water is significantly better than tap water, however, filtered water cannot be claimed to be free of all contaminates and pure. The filtration system can only provide a fairly good quality drinkable water and may contain many toxins that even the highest quality filters will not remove. These toxins are microscopic and are usually the most insidious man made monomers.

WATER – FILTERED or the MAGNA-ION PURE WATER way:



In order for water to perform its vital role of flushing cellular toxins it should not only be free of contaminants, but also be optimised to better hydrate our cellular system.

Such super hydrating water, often called 'intra-cellular' or 'micro-cluster', is usually only found at the purest of mountain springs. These pictures, courtesy of Hado Research International, shows:

spring water (top)

tap water (middle)

micro-cluster water (bottom)

See how poorly structured chlorinated tap water is, some call it 'dead water'.

Micro-cluster water is restructured and has been shown to penetrate cellular membranes up to 30% better than any other type of water. This is typical of the best filtered water systems.

Magna-Ion Pure Water emulates spring water.

Water of this quality will be available throughout a Pascas Health Sanctuary for drinking, personal washing, cooking and showering. Hydrotherapy and spas will also utilise Magna Pure Water.

Magna Pure Water units will be available for installation in homes.

Ions are electrically charged particles. They can be either positive or negative and are the result of natural radiation from the sun, earth, water, lightning and other atmospheric energy sources. Negative ions are formed when an electron becomes attached to an oxygen molecule. They have the ability to refresh and revitalise the air. Positive ions have the opposite effect, making you feel tired and dull.

Natural air sprays and waterfalls in particular generate negative ion production (the 'good guys'). Negative ions stimulate the growth of plants.

The paving of streets, air conditioned or heated homes or offices, and air trapped in well insulated buildings all inhibit or destroy negative ions. Negative ions (the good guys) have the following beneficial effects:

- A small amount of ozone is produced, cleansing the environment.
- Enhanced physical, emotional and mental well-being.
- Increased general health, improved appetite, better circulation and a more peaceful sleep is attained.
- An improved, strong antibiotic effect and enhanced tissue repair.

- Pain relief.
- Happier and more balanced emotions.
- Clearer thinking and motivation and increased positivity.
- An overall balanced effect on our internal body processes.

Feng shui, the ancient Chinese art of balancing your environment and surroundings uses negative ion energy to create a positive, flowing and uplifting environment.

We tend to feel happy and more invigorated when on the beach, close to the ocean, walking in nature, in the mountains, in the snow, at a waterfall, in the desert or any other beautiful place. This is largely due to the presence of negative ions in the atmosphere and a lack of positive ions.

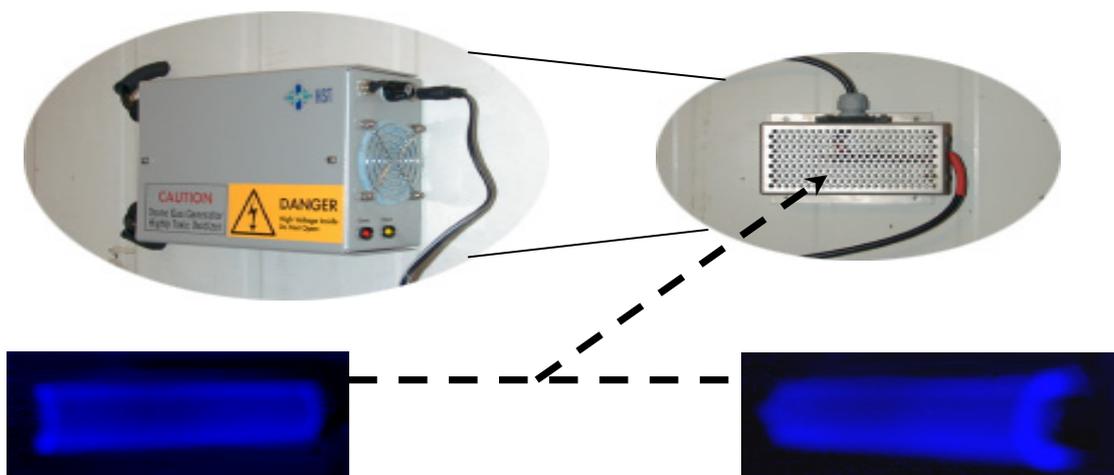
Any environment or surrounding with negative ions has the ability to enhance healing, prevent illness and invigorate and enliven the spirit, body and emotions.

OZONE WATER & AIR PURIFICATION

The greatest way to dry your hands after washing is with an ozone blower!

Units are small and safe, applications:

- ❖ Hotels / motels / resorts for odour control, smoke elimination & reduction of microbial contamination in guest rooms;
- ❖ Doctors' waiting rooms, odour control and reduction of cross contamination;
- ❖ Hospital wards, operating theatres, nursing homes – odour control, reduction in cross contamination;
- ❖ Cool rooms, refrigerated transport – control of ethylene gas to extend shelf life of fruit and vegetables, reduce cross contamination.



HEALTHY CONNECTIONS

As human beings we are social creatures by nature, as well as solitary beings. We thrive on fulfilling relationships and connections with other beings including humans, plants and animals.

Wards and medi-hotel rooms are to be all fitted out with a greater focus of comfort for patients and visitors. This entails more than the two standard uncomfortable visitors chairs. Provision is also required of a table and internet connections for those patients who are well enough to warrant appropriate activity and connectivity.

DRAWING

Drawing pictures while in hospital is another wonderful, simple and inexpensive tool to alter your destiny in life. Drawing can be done by anyone, even people who feel that they are unable to draw. It is especially a wonderful tool for children.

Provision of appropriate lights and lighting for reading and drawing as well as appropriate tables is required throughout the hospital and medi-hotel.

TELEVISION TRAUMA

Television can be a great distraction. It is often placed in hospitals as a form of entertainment. It can be useful in distracting the mind from thinking about your present illness, as the attention is taken away from your physical body, slightly decreasing the pain and physical suffering. However, it also limits you from exploring the deeper purpose and cause of your cancer or other illness, which can be easily accomplished without distractions. Having cancer is an opportunity to resolve inner conflicts, emotional trauma and fears and requires attention to be able to resolve these issues and beat your cancer or other disease.

Television decreases the body's full breathing cycle and places the nervous system in a constant state of fear, excitement, anger and other jittery emotions. These feelings are fine if experienced naturally, but if over stimulated through television drama and suspense they tend to interfere with normal digestive and immune functions. Television often has a negative influence on recovery time. If you plan to watch television while in hospital or medi-hotel, watch programs that make you laugh, add sunshine to your day and make you feel much more positive.

PASCAS HEALTH SANCTUARY Multimedia will develop inhouse content and control what is available via television with a focus on supporting healing programs with appropriate entertainment as well as educational content to support understanding of how to manage and deal with the disease as well as to assist with appropriate life style changes.



PRIVATE ROOMS – HOSPITAL

Let us set a world benchmark!!!!



For a start:

Every bed / ward is to be fitted permanently with a **Magnafield MF 2000 Wellness System.**

These will also be available for purchase from the Centre for continuing use in the home, to carry on the healing, and maintain prevention of any further problems.



“Never can one man do more for another man than by making it known of the availability of the Feeling Healing process and Divine Love.” JD

**PASCAS
PERS**

MAGNETIC THERAPIES

Biologically, every cell in our body is an electromagnetic phenomenon.

There are two basic classes of magnets or magnetic fields, and several sub types. Permanent or 'static' magnets have been used since 850 BC, that is, for more than 2,850 years. The Earth has its own magnetic system. The source is in the molten core that generates Earth energies and fields on and above the surface between the Magnetic North and South poles. The density is around 0.5 Gauss and oscillating around 9.6 Hz (Hertz is cycles per second) to 10.5 Hz.

Lower power magnets, associated with movement such as the blood circulating or muscles moving under where the magnet is placed, have been shown to induce micro electric currents that can balance body energies and may also stimulate the iron content of the haemoglobin in the blood to transport oxygen more efficiently.

Electromagnetic energy is a most important part of biological systems. We are at the cell level, electro-chemical-magnetic beings. The DNA in every cell has its own electromagnetic spin, which maintains its controlling functions and is in turn affected by internal and external electromagnetic fields, both good and potentially damaging.

Our body's cells are also continuously influenced by strong man-made electrostatic and high frequency electromagnetic fields (EMF), which are well outside what the body is meant to tolerate.

Many types of high frequency EMF have been implicated in immune system deterioration, and together with other factors and stress, can lead to or become involved in some forms of cancer over time.

ELECTROMAGNETIC THERAPY as MEDICINE

At the other end of the EMF scale is the use of the extremely low frequency, low power, and specific type waveform electromagnetic energy, as in the MERIT® or Magnafield MF2000 that has been scientifically proven to be of assistance in pain relief and improved healing of damaged tissue. It is also of great benefit in all neurological conditions, to slow down and arrest the progression, and for the promotion of healing in cancer.

The true essence of energy is vibration. What is now officially known as 'bioenergetic medicine' used to be called 'vibrational medicine' until a few years ago. It is now accepted that at certain very specific selected frequencies, or vibrations, rogue cells including cancer cells can be destroyed, or their reproduction (mitosis) inhibited, while usually leaving normal cells unchanged.

Healing after operations is also greatly improved. Inhibition from any further cancer cell growth is a major benefit for many.

For the best results, the system should be used before, during, and after any procedures or aggressive treatments, along with a balanced and sensible nutrition program for the individual. There is immense healing potential with the appropriate low frequency, low strength electromagnetic energy at the correct level and wave form. It has been shown to be completely safe for over 20 years.

Many hundreds of seriously ill persons facing operations, chemotherapy and/or radiation treatment, who have made the decision themselves to either delay or cancel such procedures, and have used the

Magnafield® MERIT® therapy device, along with a carefully selected nutrition program, have recovered and 5, 10 or 15 years later are not only clear of any cancer, but are enjoying life to the full.

MAGNETIC ENERGY RESONANCE INDUCTION THERAPY – MERIT®

- ☺ MERIT magnetic energy influences many enzymatic intracellular and membrane systems, (e.g., alkaline phosphatase); and influences antigen-antibody relations;
- ☺ MERIT magnetic energy also modifies the permeability of the cellular membrane and therefore the Ionic equilibrium. The sodium / potassium pump balance is stimulated. SpO2 is increased.

The new revolution in medicine is in the area of bio-magnetism and magnetic induction therapy. The difference between electrotherapy and magnetic induction therapy is that electrotherapy uses contact with or through the skin, whereas magnetic induction therapy does not have to touch the person, making it completely non-invasive. The magnetic energy passes through the body and almost everything else.

PERMANENT OR STATIC MAGNETS

Permanent magnets, many of these do work for some of the people, some of the time, for a few hours or until the body accommodates or adapts to the constant energy at or very close to the magnet. Many swear by them. The placebo effect is very real, and accounts for up to 35% of perceived benefits.

Pulsed magnetic therapy is far better than continuous, but there are several factors that must be considered in order for the real benefits to be available. Just to pulse at a frequency may not be the right method in many cases.

OSCILLATING MAGNETIC THERAPY

This involves an energy field that is oscillating back and forth in positive and negative modes, biased towards more negative. The waveform must be close to that of the human body. Sinusoidal, sawtooth, or square waveforms are not common to the body, but were developed for communications, radio, TV and computers, and are usually filtered to remove the 'hash' or harmonics that interrupt a clear signal. Medical researchers found that the body needs and uses these harmonics.

There also must be a correct ON-OFF ratio for each pulse, and there must be a period of time for the treatment followed by at least a similar period of time of rest or 'pause' before the subsequent treatment. Ideally, the treatment using the Magnafield system involves placing an applicator pad on the floor under the bed and leaving it operating 24 hours a day, seven days a week. Many have done this without removing or turning it off for more than 15 years. The greatest benefits are received during the sleeping hours. There are no contraindications.

It is also good for those aches and pains that annoy many people who do not want to rely on pharmaceutical drugs with their side effects.

Some of the functions and benefits from this therapy include:

- Healthy cells have different EMF characteristics and DNA /RNA spirals from cancer cells. Under the influence of 0.5Hz Magnafield treatments cancerous cells are inhibited from division or

‘mitosis’, they just unravel and die off, and are dealt with and removed by the body, as are all other dead cells.

- At 0.5Hz and particularly at 2Hz the Thymus is stimulated to produce more “T” killer and helper cells, to assist and build up the immune system defences. This is a balancing system, it does not over-stimulate.
- Analgesic effects (pain relief) are best at 0.5Hz to 4 Hz.
- Tissue healing is initiated first at 0.5Hz, and then at 2Hz or 4 Hz, followed by using 8 Hz until healed.
- DNA synthesis is enhanced at 5Hz. Also cellular signalling, repair and health.
- Inflammation is reduced at 0.5Hz, swelling and oedema reduced at 3Hz.
- Peripheral circulation is helped initially at 15Hz, but maintained best at 12Hz.
- Joint mobility is improved at 0.5Hz initially, and then at 4Hz, 8Hz and 12Hz using the ‘Auto Cyclic’ function.
- Liver function may be assisted at 10Hz. Also a neutralising or energy balancing frequency.
- At all frequencies there is a promotion of nutrient and oxygen transport and uptake into the cells.
- Calcium, potassium and sodium balance may be restored, essential for normal cell function and health.
- Acid / alkaline pH balance assisted, and helps to reduce excessive acid conditions, and much more.

Many with cancer and those who have beaten cancer use the Magnafield as part of their cancer-fighting program with great success. Firstly, it seems to have halted the spread of cancer cells. Secondly, it has enhanced the immune system to help fight any remaining cancerous cells. Also, the patient’s energy levels have improved dramatically and the oxygen and nutrient acceptance has increased, allowing for a faster healing process.

With this corrective form of treatment, using the proven frequencies, waveforms, and low intensity magnetic energy resonant induction therapy, inhibition of cancer cells has been noted and proved for over 15 years, but still not accepted in most orthodox establishments!

OTHER MAGNACARE MAGNAFIELD PRODUCTS:



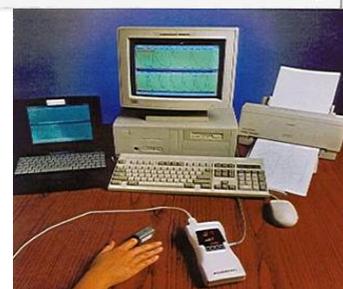
Magnafield®



Magnatens®



Acu-Treat®



Magnagraph®



CELESTIAL ROOM – MEDI HOTEL

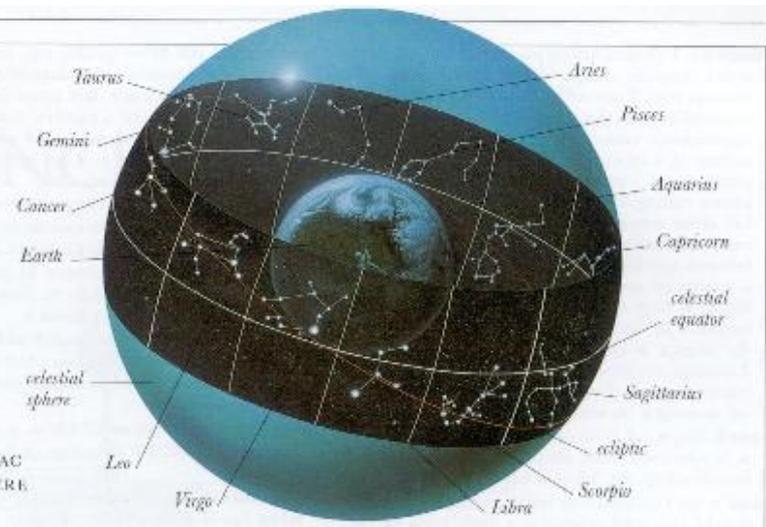


ZODIAC ROOM – MEDI HOTEL

ZODIAC

The zodiac is an imaginary band around the celestial sphere, which is divided into 12 parts known as the constellations of the zodiac. The band contains the ecliptic (the line representing the Sun's apparent path across the sky over the course of the year), and the Sun, Moon, and planets are always to be found within its limits. Each constellation of the zodiac contains a pattern of stars that represents an animal or character from Greek mythology. The zodiac originated as a device for measuring time, but by the 5th century BC it had been incorporated into attempts to determine character and predict the future. Although there is no scientific proof of its validity, astrologers still use the zodiac for assessing trends in people's emotional and physical lives.

CONSTELLATIONS OF THE ZODIAC SHOWN ON THE CELESTIAL SPHERE

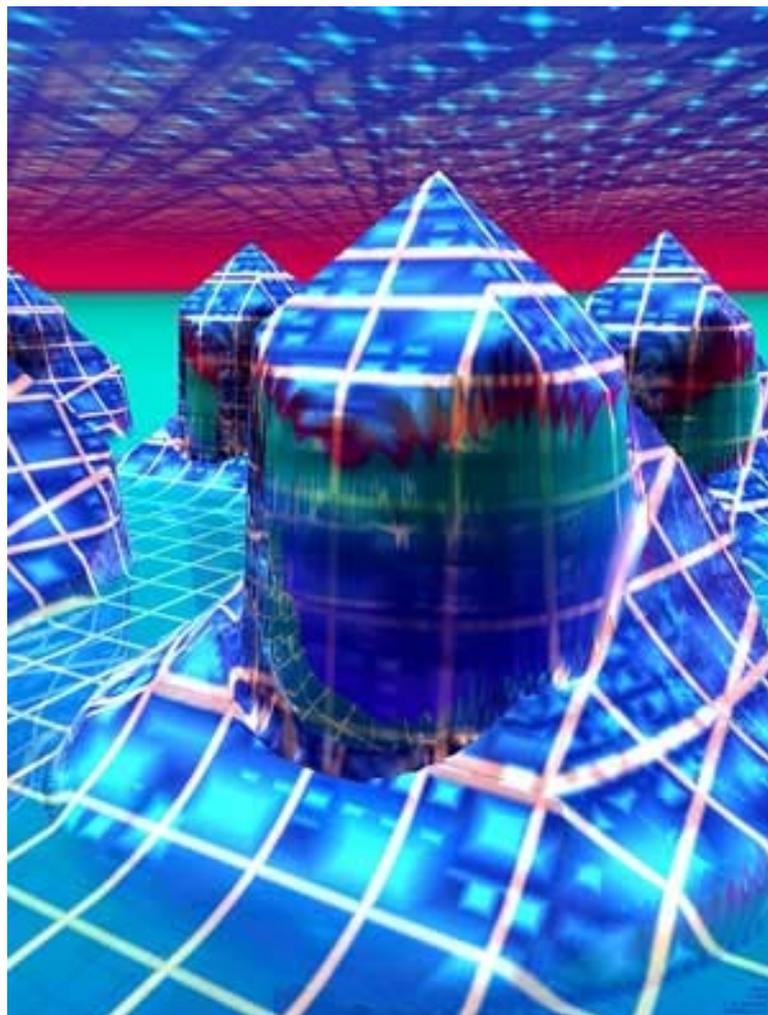


The diagram shows a celestial sphere with the Earth at the center. A grid of lines represents celestial coordinates. The ecliptic, the Sun's apparent path, is highlighted. The 12 zodiac constellations are labeled: Aries, Taurus, Gemini, Cancer, Earth, Leo, Virgo, Libra, Scorpio, Sagittarius, Capricorn, and Pisces. The celestial equator is also shown.

SIGNS OF THE ZODIAC

					
ARIES (RAM) 21 MAR-20 APR	TAURUS (BULL) 21 APR-20 MAY	GEMINI (TWIN) 21 MAY-20 JUN	CANCER (CRAB) 21 JUN-21 JUL	LEO (LION) 22 JUL-21 AUG	VIRGO (VIRGIN) 22 AUG-21 SEPT
					
LIBRA (SCALES) 22 SEPT-22 OCT	SCORPIO (SCORPION) 23 OCT-21 NOV	SAGITTARIUS (ARCHER) 22 NOV-20 DEC	CAPRICORN (GOAT) 21 DEC-19 JAN	AQUARIUS (WATER-BEARER) 20 JAN-18 FEB	PISCES (FISH) 19 FEB-20 MAR





EMOTIONAL PROCESSING:

‘Weeping and whacking’ rooms, rather than ‘wet rooms’, will be available within each Pascas Care Centre and any of the associated activities of Pascas WorldCare.

The room, by its very nature, is required to be sound proofed. This requires double glazed, if not triple, windows, walls lined with sound retardant material and doors sealed to prevent the transfer of noise.

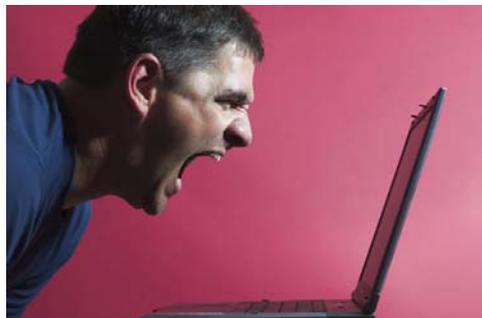
Emotional Clearing:

- Teaches you how to release and prevent negative feelings like fear, anger, hatred, jealousy, inadequacy, sexual issues, or depression from contaminating your life and relationships.
- Shows you how to manage your life so you don't create more negative feelings that become trapped in your soul, building up and creating the pain within your physical body.
- Gives you a highly effective consciousness-based EAST/WEST self-therapy system that releases deep, trapped, inherited negative feelings.
- Enables you to work on your emotional self as part of your spiritual practice and soul growth.
- Empowers you to use negative feelings for personal growth.
- Provides you with powerful experiential guided sessions that train you in how to apply these principles and initiate deep transformational releases.

Emotional Clearing can be used alone or with: all yogas, pain body, meditation, energy psychology, 12-step, all healing modalities.

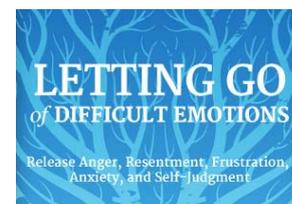
You just need to release the negative feelings / emotional blocks inside that you think the external things will be made better. But the amazing thing is that as you start to release negative feelings by going inside and working with them, you also start to **release the BLOCKING** that has been preventing you from achieving outer goals!

You find yourself more easily achieving outer goals, as if they are just being **brought to you**, and at the same time you become less compulsive about attaining the outer goals.



LETTING GO with The LOVE:

Find a comfortable position to relax and be still and free from interruption. This may be for a few minutes or as long as you may please.



Long for and ask our Heavenly Parents for Their Love, the ultimate high octane super fuel being the light golden blue energy substance of Divine Love. Each little drop of the Divine Love received whilst doing one's Feeling Healing prompts one a little further. Ask for assistance and the Love to enable held errors of thought and belief to be released. One's personal intent and involvement in letting go of past incurred difficult emotions is most beneficial.

Step 1: Focus on an issue that you would like to feel better about, and then allow yourself to feel whatever you are feeling in this moment. Identify the negative feeling. Focus quietly on the feeling. Breathe into the sensations and allow them to be.

Step 2: Ask yourself one of the following three questions:

- Could I let this feeling go?
- Could I allow this feeling to be here?
- Could I welcome this feeling?

The mechanism of letting go is concerned with the emotional “what” from moment to moment, without involving the intellect. What is the benefit of this emotional feeling? What is the point of holding this hurtful belief at all? One may start laughing at the absurdity of long held errors or injuries upon reflection. **Breathe into the sensations and allow them to be.** Your willingness to accept the sensations may intensify them. This is okay.

Step 3: No matter which question you started with, ask yourself this simple question: Would I? In other words: Am I willing to let go?

Step 4: Ask yourself this simpler question: When? This is an invitation to just let it go NOW.

Step 5: Repeat the preceding four steps as often as needed until you feel free of that particular feeling.

The only way we can truly let go of them is by SPEAKING THEM OUT OF US, getting right into them with the feeling, and emoting and expressing it – whilst longing to see the truth of it...

Our willingness to let go thinking and accept what's happening is our ticket to inner freedom. Each time you sense a disruption inside, turn down the volume on the thoughts, breathe into the sensations and allow them to be. This is what we need do to let go. Simple. The challenge comes in being vigilant with letting go all negativity – no exceptions.

This process is ever so freeing and uplifting, though sometimes difficult.

**Feeling Healing
with Divine Love is
the key!**

Reference: ‘Letting Go – The Pathway of Surrender’ by Dr David R Hawkins



FEELING HEALING versus other EMOTIONAL PROCESSING METHODS:

Thursday, 13 July 2017

Hi James and Nanna Beth (questions from John)

The question to address is:

What is different with the outlines of the Feeling Healing process as against the numerous other emotional processing methods?

Nanna Beth, 3rd Celestial Heaven: The difference is the focus on the truth: uncovering the truth of yourself through your feelings – uncovering the truth of your feelings. It's a rebellion against the Truth, so if one doesn't want the truth, nothing will happen, one will only move deeper into one's rebellion against it.

And because the focus is on the Truth, so one can use it all the way to uncover the Whole Truth of Oneself. And there is nothing else teaching that.

All the other systems that involve looking to feelings to some degree fail to understand the deeper significance of wanting the Truth. Many people uncover some truth of themselves through their feelings, but mostly they end the process because they don't want to follow it right the way through, which means they only want to heal some momentary pain, and once that is done, are usually happy to continue on in their untrue state.

And because one is wanting to uncover the whole truth of oneself, then it becomes a full spiritual experience, and one that can be done by oneself, so without needing help from another, although at times help is sought and used. So the Feeling Healing embraces Healing the whole seven Mansion Worlds worth of self- and feeling-denial, which is the complete Rebellion and Default. Other systems might only work at some aspect of it, limiting the ascent of truth through all the Mansion Worlds.

And basically no one understands the absolute depth of the problem within themselves, which is only borne out by people and spirits doing their whole Healing. Much of the current psychological understanding falls well short of understanding the depths that are involved because they don't include the overall problems brought about by the Rebellion and Default. You have to understand you are rebelling against yourself: the truth of yourself, and so against your own soul; which is then the truth of God, so the Mother and Father; and that also includes the truth of Mary and Jesus. So at some point you have to rectify all those relationships, which you can't do unless you understand the bigger spiritual picture. And so that's what James has revealed, taking all Marion has said, all the books offer, adding his own stuff, and putting it all together as a way of life, a spirituality that can be lived, and one the initially focuses on Healing oneself of all one's wrongness.

Why have all other methods of releasing and delving into emotions not been successful?

Nanna Beth: Because they don't understand the scope of the problem, as I said above. They are not approaching it from the point of view of understanding the nature of one's Repressed Childhood state, the extent of that; and then how one needs to allow oneself to feel all the bad feelings, not reject them; and then bring them out, which is the releasing of them; all whilst wanting to know the truth of them – the truth of what you are feeling. And that truth is what needs to come up within you so you can heal your will and become a truly functioning person, fully self-expressive, self-loving, and growing continually in truth.

All the other systems work within the control of the mind, so once the therapy ends, the mind regains control albeit in a different way. Only the Feeling Healing and Soul Healing with the Divine Love, seeks to entirely break the control of the mind over one's feelings.

Why haven't other methods been going deep enough?

Because people are basically afraid to push into such early childhood trauma without understanding where they are going or what it's all about. The leap of faith is too great, as it would mean they would have to rise above and conquer the Rebellion and Default within themselves, and that's simply too much to ask. The negative truth-denying systems within everyone are too deeply entrenched.

However the spiritual structure outlined by James provides a structure that allows you to deal with the Rebellion and Default, allowing you to maintain your faith, and evolve it, as you progress in your growth of truth – it gives one a picture to work with. Very few people, and possibly only Marion in fact, are able to press on into such dark depths without any structure and with only a faith that it's what she and God want to do.

I (Beth) couldn't have done it Marion's way John, I wouldn't have allowed myself to feel such pain, I needed to understand the bigger-picture reasons as to why I was in such pain, and be given the understanding that if I kept at it, one day it would end. Marion doesn't know it will end, she just keeps going one bad feeling at a time, which requires a tremendous amount of faith and over so many years and through so many inner obstacles; and still she doesn't know if it will end, but as she says, there is nothing else she can do other than keep going because she tried everything else. And she doesn't want to let her mind come in, only wanting to stay true to her feelings, so she doesn't want to know about the bigger picture even though she has worked it out along the way for herself and for James to understand which he's worked into his books.

So the spiritual aspect or approach James has provided, even if it's not actually talked about; the simplicity of honouring your feelings, and in particular your bad ones, then by accepting them you allow them to have their say, so you express them, all whilst longing for the truth, includes all one needs to know. And so by doing that, one will be able to fully Heal themselves working it out along the way for themselves; and even if they don't understand it, will be living the highest truest spiritual life one can live in one's wrongness, which in time will lead to one's Healing of one's rebellion and default.

On the surface of it, what James has related seems overly simple, but doing it yourself, and see what happens and what results; and that will take one deep into oneself uncovering the whole truth of oneself.

Many will consider that what they have been doing is adequate – why are they wrong in their understandings?

Nanna Beth: Because they don't understand what it's really all about. They don't understand the mind is in control of their true feelings, and that needs to be stopped. They don't understand the significance of their rebellion against the Truth, and how that happened by default. They don't understand that it's about uncovering the whole truth of yourself through your feelings, all your feelings, but focusing to begin with on your bad ones because they are what most people don't want to see. Everyone else sees it that they are doing this feeling type healing to make themselves better, to rid themselves of their pain and trauma, so instead of taking a pill to take the pain away, they are using some sort of emotional clearing system. But that is all still to take the pain away, to fix themselves, to heal themselves, to effectively take a pill so

it all goes away, just like what the 'Divine Love people' hope the Divine Love will do for them, but it's not to uncover the whole truth of themselves. We have to see the truth of our pain, why we're in it, how it all came about, so what really went on in all our early relationships. It's not about doing anything that just takes all our suffering away. We have suffered for valid reasons, which all have to come to light. And so only emotional and feeling accepting systems to help one see such truth of one's pain and suffering are of any worth. And unless you uncover the whole truth of yourself, you'll never set yourself free of your rebellion and default, of all your soul pain. And the truth means to see the whole truth of why you feel unloved, how unloving your early relationships were, why you don't love yourself, why you are unloving, why you are evil and wrong, which basically no one wants to face.

So to summarise: We all have to see the truth of our unlovingness. We can't avoid it – deny it. We have to face it and feel all it makes us feel. And all those bad feelings lead us into the truth of it. So we have to understand – bring to light through our feelings – all the truth of our unloved, negative, evil, wrong state. And then once we've done that, we can be free of it. So until you uncover and feel the whole truth of it, it will never leave you, you'll remain in rebellion against yourself, you'll continue to be unloving.

[I have considered with James, that Marion and he actually represent the two extremes of what is involved in soul-healing. I have found one such writing by James, back in 2006, that points to this. My feeling is that their two extreme ends of the experience matrix makes them perfect for bringing together the understandings that will benefit all people, no matter what their circumstances maybe.](#)

Nanna Beth: If we accept that Marion and James are the Avonal Pair here to reveal the essential truths to humanity about how people can Heal themselves of their rebellion against the truth of themselves, then what you deduce is correct, for they have between them had to take on every negative aspect of the Rebellion and Default and so Heal it, which is healing all the circuits on a technical level, thereby opening the way for humanity to follow.

So if you consider this John, it is pretty amazing that two people can take on all the denial humanity is in, approaching it from opposite ends, which equates to the effects of the Default of Eve and Adam (following on from the Rebellion), and that such wrongness can be concentrated into two family units, and mostly in two parent pairs (being Marion's parents and James' parents). And so what is the likelihood of that? And then for them to live in the same city being the first children of such 'bloodlines of denial', and meet each other, and at a time needed to give themselves all the time to systematically work their way laboriously up through all the negative mind and will circuits. So to be subjected to so much woe, and to be able to keep going with no help from anyone other than each other, and a little backup from the spirits and the Mother and Father on James' side, yet with that involvement opening up even more messed up and corrupted mind circuits he's had to work his way through.

So if it is true they are the Avonal Pair, it shows us all just how incredible the soul of the Avonals are, to be able to go into such corruption, taking it all on, and then working it all through and Healing themselves of it, all basically without any real help from anyone, so just on faith and pure longing for the truth.

And should they reach the end of their Healing before they die, and should the truth then be fully declared that they are the Avonal Pair, even going against all what The Urantia Book (TUB) says, they having to uncover the truth in all things whilst rejecting the untruth such as in TUB and Padgett Messages (PM), with nothing having been straightforward and of any real help, then it will be cause for major celebration.

And it's what we are preparing for, what you are too John, to see if Marion and James are indeed the Pair, and then to give them all the support they will need to do whatever it is they are to do in the public sense. This is all their private work so far, of which you and I have become substantial parts of, the doing of their Healing preparing themselves for when they are Healed.

And if it turns out they are not an Avonal Pair, they are only just a pair of ordinary mortals who've somehow managed to keep going, dealing with all their pain, longing for and bringing to light all the truth of it, then they will be the most extraordinary mortal pair because they will have been the one's who broke the back of the Rebellion and Default. So either way you look at it, it will be quite an achievement.

And so we are all waiting to see if the theory is realised by such Avonal-truth awakening in their soul at some point, for then we will all know it will be true, just as they too will know. For now Marion doesn't contend with any of it, and James only on a mental level because of what the Melchizedeks told him years ago, but it all has to come to them through their feelings like all truth, which will only happen once they've fully Healed themselves or toward the end of their Healing. Because in the meantime, whilst they are still in their wrongness and denial of truth, part of that denial is denying the truth that they are Avonals. And again the whole Avonal business has been yet more problems and negative circuits James has had to personally work through, whereas Marion has solely focused on only dealing with her feelings, not having to contend with all the other mind stuff.

James, when you feel up to it, may I have your observations please? And Nanna Beth, your angelic eye on this subject would be most helpful, if you please?

These two subjects are possibly leading to the crux of what we are sharing through the Pascas Papers. I now see that these 'colourful' handouts are essential in introducing and supporting the major publications of James Moncrief and James Padgett.

Nanna Beth: The handouts will help introduce people to such writings. But what I want you to understand John, is really it's James – because of his writings (and Marion, because she is leading them both in it all) that is what's most important. The Padgett Messages (PM) are really to be included in James' work, which he does, by taking the crucial parts and integrating them into his work – with the most important truth being that about longing for the Divine Love. So really the PM are secondary.

As you understand, the Padgett Messages can't heal you. The Divine Love is about immortality of the soul and becoming divine, it's not about ending your rebellion against the Truth. And ending the rebellion needs to come first: the Truth then the Love, then the Divine Love can be introduced, even though of course the Divine Love can be introduced at any time.

So really one need only work with James' (and Marion's) work, which includes longing for the Divine Love. People are to look to them first, and then later to Mary and Jesus. To put Mary and Jesus ahead of Marion and James can cause you problems because you will overlook what Marion and James are revealing. But as Mary and Jesus are known and with such importance placed on Jesus, and now with the PM and the Divine Love, so it's all the more confusing. Even added to by James having written focusing on and making Mary and Jesus more important than himself and Marion.

But as I said, it's Marion and James first, then Mary and Jesus and the Divine Love. And Marion and James are more than capable of also introducing the Divine Love and the truth of Mary and Jesus, which they would have done had Mary and Jesus not come to Earth. So really Mary and Jesus are not needed,

and as I said, can get in the way, causing people to focus too heavily on them whilst missing the more essential truths of having to do your Healing by looking for the truth of your feelings (the 'Divine Love people' being examples of this). However with Mary, and Jesus in the PM, being so dominant, it is all just more of the confusion and part of the rebellion. And at the same time I don't want to downplay Mary and Jesus and lead people to believe they are not as important as Marion and James, for they are most important, and much more important being the Creator Pair of Nebadon, and Marion and James would rather not exist than have people think they were more important than Mary and Jesus; but as you understand, I'm just trying to put the revelation of truth into context, because it's all being revealed round the wrong way.

People and spirits were given the opportunity to deny Mary and Jesus whilst they were on Earth, taking the Rebellion deeper; and then to further deny them right the way through their age; and now further still by including the PM. And now people will be given the added opportunity of denying Marion and James, which all ends up being one huge mess. And one in which only Marion and James can unravel. For I am only saying to you now what James has already written and what Marion and he have talked about. I wouldn't dream of taking anything away from them, and it's not my place to do so.

Firstly, consider discovering the truth of your emotional pain and injuries.

Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing.

Primary and most important readings are the writings of James Moncrief.

Then consider the Padgett Messages, and then The Urantia Book.

Love from us all over here – your Nanna Beth.



PASCAS HEALTH SANCTUARY WELLNESS PROGRAMS AND FACILITIES WILL EXTEND TO REMOTE NATURAL ENVIRONMENTS AND SETTINGS:



PASCAS HEALTH SANCTUARY MEDI-HOTEL:

The failure of your immune system is associated with the progression of your disease.

Your environment may contribute to the advancement of your disease by not allowing your immune system to recover.

Features of a Pascas Health Sanctuary Medi-Hotel are associated with being close to a natural environment – just like living in a tepee.

All the features associated with the Pascas Health Sanctuary Hospital for creating an environment conducive to the recovery of your immune system and more are applied within the Pascas Health Sanctuary Medi-Hotel, such as:

1. No carpets in your room. Wooden floors, tiles and natural finishes apply.
2. Bed linen is periodically dry cleaned as this is the only way to kill viruses within the linen.
3. Water pipes for the supply of drinking and personal use are lined with health grade plastics.
4. Your refrigerator does not use Freon gases – hydrocarbons (HyChill) are employed.
5. Non-smoking is enforced throughout the building.
6. No electric hair dryers.
7. Adequate clearance of beds from electric wiring within wall cavities (hospital and hotel).
8. Rooms allow the opening of windows for fresh air versus air-conditioning at all times.
9. Pets are not allowed (unfortunately).
10. Internal facilities for your own laundering is provided.
11. No storage of detrimental chemicals is allowed within the Medi-Hotel.
12. Sterilization of the bathroom fixtures is undertaken before your arrival.

Assistance is provided in advising on the positive or negative use of your own body care items and suitable substitutes.

Food preparation on site is supported within your room with adequate electric appliances.

Open grounds with natural settings are provided for extended periods outdoor – back to nature!

All applied technologies for the recovery and protection of patients within the Pascas Health Sanctuary Hospital apply within the Pascas Health Sanctuary Hotel.

The audio and visual network for the Hospital extends to the Hotel as well as throughout the complex and all related Clinics.



PASCAS HEALTH SANCTUARY MEDI-HOTEL and your JUICE THERAPY:

The Medi-Hotel is a platform by which guests can change their environment to one that is focused and is conducive to healing. More importantly, the Medi-Hotel stay is a platform to assist guests to quickly change their life style to assist in the healing process.

JUICES and JUICE THERAPY – Freshly made juices are nourishing, living foods in liquid form, providing the body with a rich assortment of vitamins, minerals and abundant enzymes. Raw juices require minimal digestion and can be assimilated by the body very easily.

Commercial fruit juices are less therapeutic than freshly squeezed juices, as many brands contain sugar, preservatives and other undesirable ingredients.

It is advisable to drink anywhere from four to six (4-6) wholesome juices throughout the day while fighting cancer, to maintain good blood sugar levels. It is important to drink the juice within 15 minutes of making it, to ensure you utilise the full benefit of live enzymes contained within the plants, fruits and vegetables. Organic produce, free from chemical fertilisers and pesticides, are preferred.

Juice therapy can be used in a number of different ways. By eliminating solid foods for a few days and drinking energy packed juices for two to three days, you will give your body a chance to detoxify body wastes and direct its energy towards healing the diseased cells. If juice therapy is undertaken for a longer period, under supervision, the body is given a chance to heal more chronic conditions.

Juices should be watered down 50-50 with spring or distilled water.

Only light gentle exercise, such as light walking, yoga, stretching, meditation or tai chi should be performed on any juice fast. Training and exercise facilities are on location. Continue to drink pure natural drinking water throughout the day and drink juices regularly to maintain blood sugar levels.

Protein powders or supplements, chlorophyll powders, barley grass, wheatgrass powder, beetroot powder or other nutrient packed energy powders can be added to juices for extra energy and revitalising effects. Add one to two tablespoons of flaxseed oil to any juice to enhance the curative effects of juice therapy in cancer treatment.

The healing benefits of juices used in cancer prevention and cancer therapy should never be underestimated. Juice therapy is a powerful tool in beating and preventing cancer, and other serious illnesses.

The SANCTUARY MEDI-HOTEL will prepare the required juices whilst assisting the guest to prepare his own. The SANCTUARY PHARMACY through their HEALTH FOOD section will provide the organic inputs (essentially sourced from NEW BIOSPHERE AGRICULTURE) as well as the recommended supplements sourced through BIOLOGICS (WW) Nutritional Division. Water treatment is via MAGNA PURE WATER who also provide units to be installed within the guests home, small scale units are available for drinking and cooking purposes as well as household units.

The SANCTUARY MEDI-HOTEL prepares and enables the guest to continue with the good work on his/her return home with all appropriate supplies being available through the SANCTUARY PHARMACY.

PASCAS HEALTH SANCTUARY MULTIMEDIA:

Wise Old Owl – mascot – tells us what we should be watching and or listening to.

Pascas Health Sanctuary Broadcasters will be responsible for all media programming be it what is available on the in-house television distribution network, the piped music through the complex, the audio channels for patient benefit in their rooms both in the hospital and the medi-hotel.

Pascas Health Sanctuary Broadcasters will develop a library of materials that support patients in their health campaigns, folks who are looking to raise their quality of health and adjust their lifestyle, health carers who are seeking educational material to grow their capabilities, practitioners and employers in training programs.

Pascas Health Sanctuary Broadcasters will manage the library that will be developed to enable the general public to access content on a hire basis.



MUSIC RADIO / AUDIO CHANNELS

Music content will be focused on what is required to aid the healing process. Comedy will be broadcast also over the in house radio network.

CLOSED CIRCUIT TELEVISION CHANNELS

What will not be available will be soapies, drama and stress creating programs.

What will be available:

- a. Two comedy channels.
- b. Discovery channel.
- c. Music video clips.
- d. Lifestyle programs.
- e. Health education programs.
- f. General media content that is conducive to the agenda.

Product on file that has specific application to patients needs will be made available whilst as guests in the hospital or medi-hotel via way of DVD for viewing by using the DVD fitted to each ward or room.



GUEST LECTURERS

As each Sanctuary has several training and lecture rooms with seating capacity for up to 400, Pascas Health Sanctuary Broadcasters will be required to film such presentations and develop DVD for subsequent dissemination and for availability as content material on the in-house network.

SUBJECT MATERIAL

Health is a subject of millions of titles and millions of faces, however, each item of material will need to be accredited as suitable content in accordance with the treatment and lifestyle agendas of Pascas Health Sanctuary.

Some subjects:

- ☺ Healthy Mind – Attitude – Comedy.
- ☺ Water – Alkaline.
- ☺ Oxygen – Yoga, Tai Chi.
- ☺ Oxygen – jogging / walking.
- ☺ Oxygen – Rebounding.
- ☺ Juicing for Life + UDO's oil.
- ☺ All disease involves dehydration of the Cells.
- ☺ AIDS is not a virus, it is a collapse of the immune system often accelerated by drugs.
- ☺ Brandon Bays – Journey – emotional and physical healing, meditation.
- ☺ Colonics – to eliminate old waste.

Tony Robbins has developed a program of lifestyle and wellness training which he supports around the world.

LICENSING CONSIDERATIONS

Sue Nash has accessed and negotiated with many sources of media material and has an understanding of licensing and royalty obligations. Closed circuit rights from many content distributors are reasonable. Refreshing, feel good, non-depressing material with a focus on over 50 content, interest groups and medical orientation are available as well as being continually produced.

EMOTIONAL BUY-IN

Patients staying within the Hospital or Hotel have a real need to observe and listen to content made available through the in house communications network.

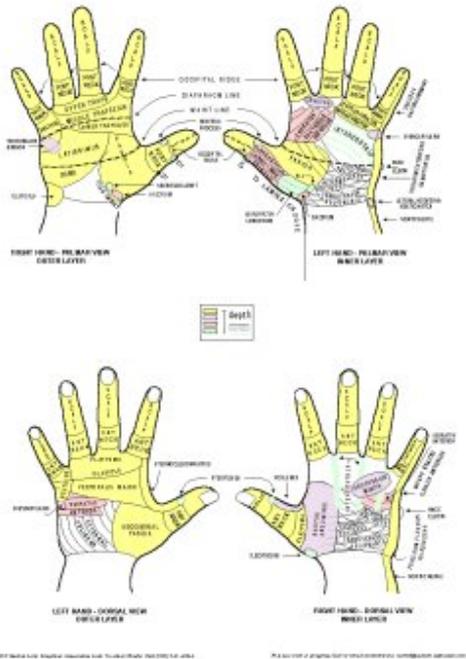
Casual visitors and the general community will not have access to the above. Logical restrictions, lifestyle change requirements, changes involving other members of the family, lack of support and availability of product and information all contribute to 'why would I do this?'

Content is often heavily laden with technical information rather than with the simplest of introduction followed by what benefits are in it for me and then with an extensive explanation of how to use or employ the knowledge with the least amount of effort.

Case in point – how do you convey the benefits of Reflexology?

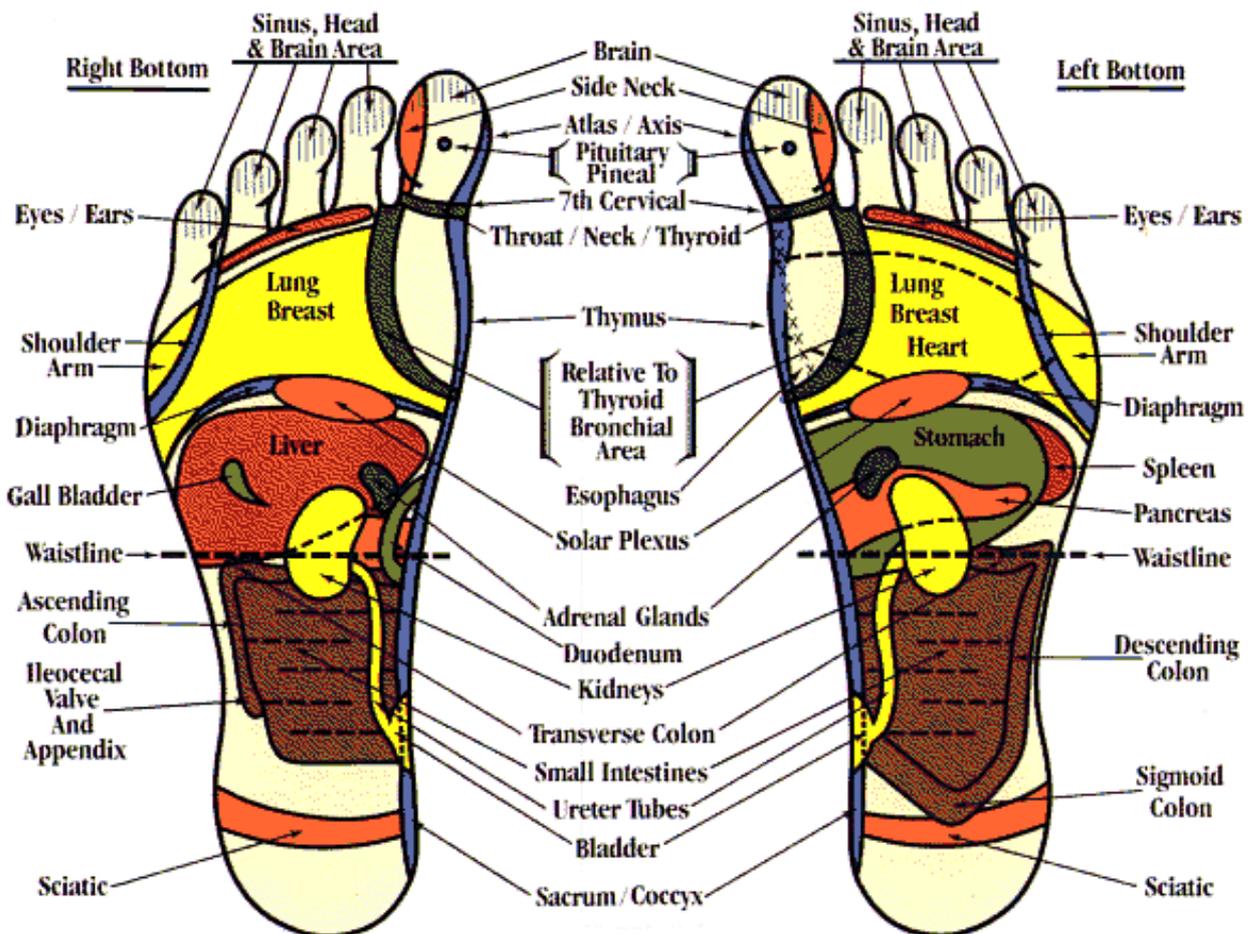


**HAND REFLEXOLOGY
& MUSCULAR SYSTEM**



REFLEXOLOGY

Reflexology is a method for activating the healing powers of the body. It is both old and new. From ancient texts, illustrations, and artifacts, we know that the early Chinese, Japanese, Indians, Russians, and Egyptians worked on the feet to promote good health. Today many of these same techniques have been developed into a modern scientific method called reflexology. What joins the ancients with the moderns is the long-established principle that there are energy zones that run throughout the body and reflex areas in the feet that correspond to all the major organs, glands and body parts.



SUPPORT MECHANISMS:

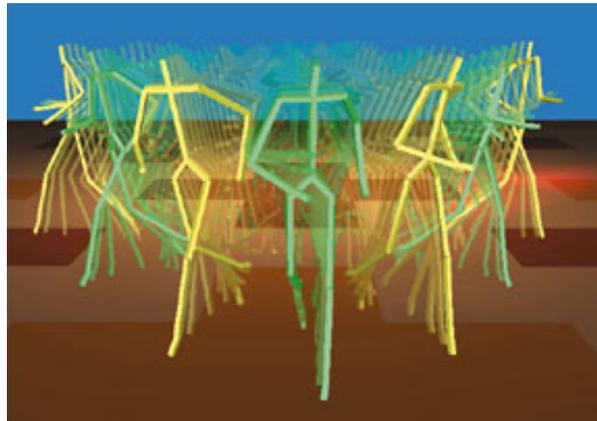
Platforms that are supported and endorsed by the Medical Advisory and Accreditation Committees of Pascas Health Sanctuary are to be documented and presented in an audio visual format that enables listeners and viewers to comprehend the benefits, to employ the benefits and to know where and how to access health carers with procedural matters, and also how and where to buy the appropriate supporting goods.

Stays in Pascas Health Sanctuary Hospital and, more appropriately, Pascas Health Sanctuary Hotel are opportunities to learn and practice these appropriate lifestyle changes with the help of care givers and practical aids on site.

Platforms that are focused on health maintenance and wellness enhancement need to be assembled clearly and simply conveying lifestyle changes and announcing the supports readily available for members of the public to grasp.

Promoting these services to corporations enables business to appreciate the benefits of a fit and healthy workforce being vibrant and at work at all times.

Thus, we have three core platforms for which Pascas Health Sanctuary media promotional programs need to be developed and implemented.



Fresh is Best!

<http://www.pascashealth.com/index.php/library.html>

Library Downloads – Pascas Papers

All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address.

The PASCAS HEALTH SANCTUARY PHARMACY:

The PHARMACY is supported by Biologics (WW) Nutritional Division which is a nutraceutical company.

Nutraceutical are a new range of healing medicines such as lactoferrin, glucans, alkyglycerols (human milk, shark liver oil), shark cartilage, bovine cartilage and transfer factors. These are natural products that are powerful immune system boosters derived from nature.

The laboratories of Biologics (WW) will also be employed for testing of purity and efficacies of natural remedies for health programs supported by the Sanctuary.

The PHARMACY will provide an enormous range of health related products.



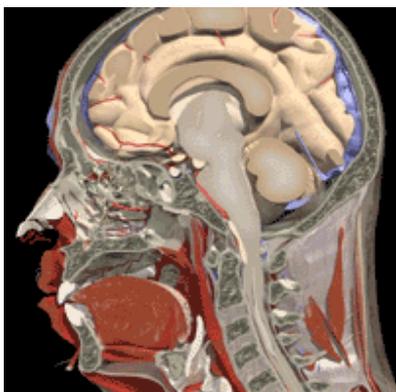
1. Organically grown produce. Such produce provides ten times as much nutrition as its comparative chemically sprayed produce and allows you to avoid any harmful side effects associated with the use of pesticides, chemicals, antibiotics and growth hormones.
2. Health foods. With the support of Naturopaths, appropriate quality lines will be assembled and supported in a way that enables the total solution in the form of health foods and organic produce to be available from one location.
3. Medical appliances. Unique products, such as Magnacare products, will be available.
4. Library. In the form of books, CDs, DVDs and brochures will be available.
5. The PHARMACY is also the specialist pharmacy for the Hospital and Medi-Hotel.

The PHARMACY is to be the supply point to support everyone who is a patient, or from the public, following guidelines and recommendations of endorsed programs and platforms of the SANCTUARY.



**PASCAS
HEALTH**

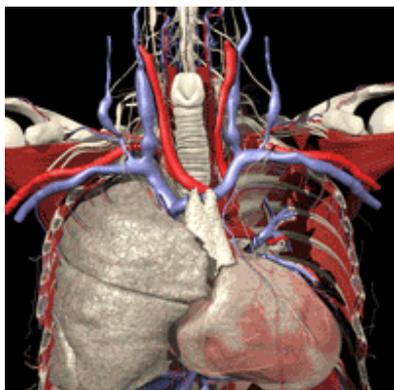
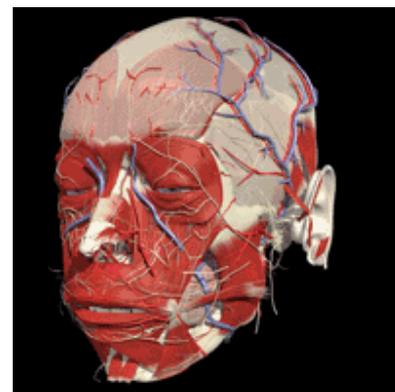




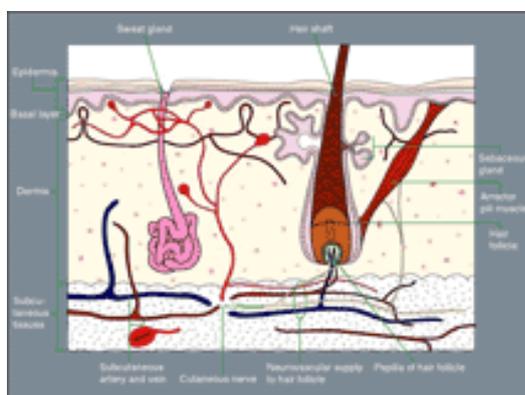
Brain



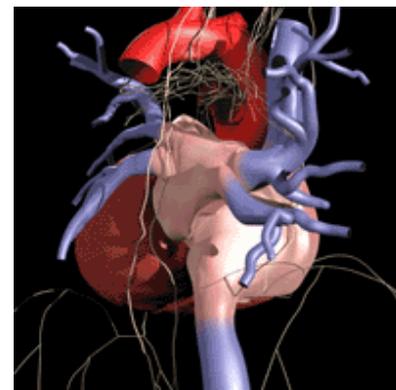
Head



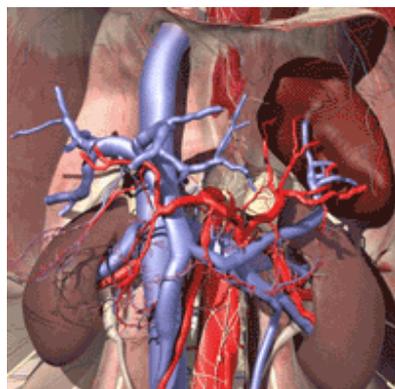
Lung



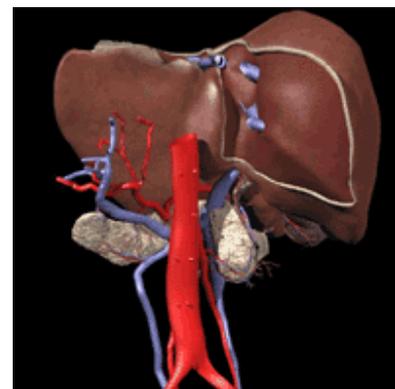
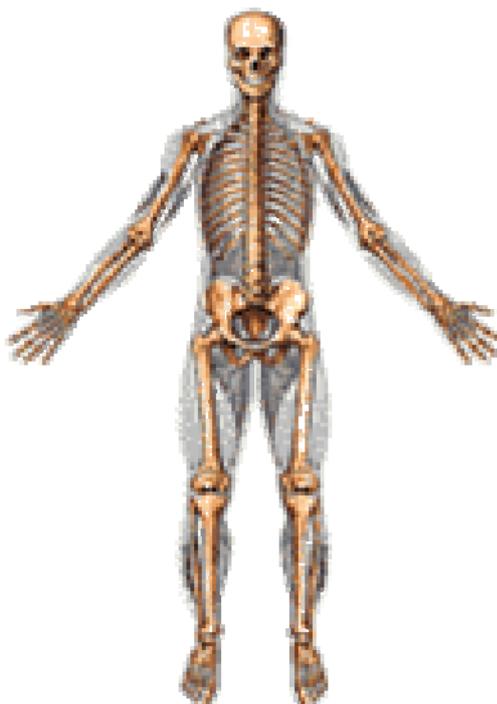
Skin cross section



Heart



Kidney



Liver

GEMS for ALL PEOPLE of all AGES to EMBRACE:

The GOLDEN AGE!

Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself

At any time, any where, and in any way you so please:

Approach our Heavenly Parents, in reverence, without fear or trepidation, just as we, as a child, approach our earthly parents knowing that open loving arms are extended to receive us at all times. As one's love grows for our Mother and Father in the Heavens, we come to know with absolute clarity and certainty that our Heavenly Parents, loves you and me and everyone in return, at all times, and that fear is an illusion created by man's mind.

God, who is our Heavenly Mother and Father, is almighty, all powerful, infinite, and all loving. The love of the Heavenly Parents for Their children, man, has been and is always infinite and ever present. As one's faith evolves, one's love for our Heavenly Parents will have no limit. As we grow in Their love, so will we grow in love for all of God's creations and our fellow man.

The Source Soul, our Heavenly Parents, simply desires for us to ask for Their Love.

God's Divine Love: Pray for it, ask for it, and receive it.

"I love you Father." "Let the Divine Love flow its energy into my soul."

"Mother, Father, I desire your Love and I am loving you."

"Soul God, I love you and I love receiving and experiencing your Divine Love."

"True Soul God, I am here, I am aware of your Love.

Please hear my aspiration for your Love and as I approach you from my soul, I can feel your Love in the way that you are loving my soul."

"Please Mother and Father, may I receive Your LOVE."



Maybe we could simply long for and ask:

Please, Mother and Father, I want some more of your Love!



MoC 1,471

PASCAS HEALTH SANCTUARY GLOBAL CENTRES of EXCELLENCE



Brazil Nigeria Australia
South Africa

